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VIEWPOINT

Because I wear a hijab, I'm automatically the national spokeswoman for every Muslim in the country. It's like there's a stamp on my forehead that reads, 'Complaints? Comments? Rage? Bring it all here.'

Amal Ahmed Albaz, Torstar News Service reporter

TORSTAR NEWS SERVICE

'Hate' fuelled attack: Police

CRIME

Assault on Muslim woman wearing hijab 'disgusting'

An unprovoked attack on a Muslim woman near an elementary school in Toronto appeared to be "motivated by hate," police said Tuesday as they investigated the incident that was swiftly denounced by politicians.

The attack came two days after a mosque in Peterborough was set ablaze in the aftermath of last week's terrorist attacks in Paris that left 129 people dead.

The Toronto assault took place around 3 p.m. on Monday near the mid-town Grenoble Public School while a woman was on her way to pick up her son.

Police said the woman, who was wearing a hijab, was approached by two men and attacked.

"It was a completely unprovoked attack," said Const. Victor Kwong. "She was punched all over and kicked."

The two men hurled slurs that were "bigoted in nature" at the woman and tried to rip off her hijab, Kwong said.

The woman fell to the ground and was robbed of her cellphone and some money before the two men fled the area, he said.

The entire incident was observed by a witness who called police, he said. The woman was taken to hospital to be treated for non-life-threatening injuries and has since been released.

"There's no doubt that this is hate-motivated," Kwong said, noting that police typically see a spike in such incidents after events like the attacks in Paris.

Mayor John Tory denounced the attack, calling it "disgusting, unacceptable and not reflective of our city's values."

THE CANADIAN PRESS

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metro NEWS

Your essential daily news

The battle of breakfast foods is heating up across the nation. **Business**

CRIME

West-end shooting near college leaves victim dead

One person is dead following a shooting near Humber College's north campus on Tuesday evening.

Toronto Police first reported the shooting shortly before 8 p.m. in the area of Highway 27 and Humber College Boulevard, not far from Pearson International Airport. Paramedics originally said that the victim was transported to a local hospital with life-threatening injuries.

There is no word yet on the victim's identity. Police have just begun their investigation.

TORSTAR NEWS SERVICE

Ex-pharmacist sentenced to 18 years for sexual assault

Former pharmacist Allen Chow has been sentenced to 18 years in prison without parole after pleading guilty in May earlier this year of 18 counts of sexual assault by drugging his victims, according to York Regional Police (YRP).

In 2013, Chow, 60, was convicted of multiple charges including drugging, sexually assaulting and videotaping sex-trade workers. According to YRP, Chow was known to have been in Belleville, Cobourg, Oshawa, Toronto and Markham.

Anyone with further information is asked to call the YRP Special Victims Unit, Sexual Assault Section at 1-866-876-5423, ext. 7071, or Crime Stoppers at 1-800-222-TIPS.

TORSTAR NEWS SERVICE

Priest preaches an end to faith-based violence

PEACE

Father Kinvi visits T.O. to receive human rights award

Gilbert Ngabo
Metro | Toronto

Father Bernard Kinvi visited the Art Gallery of Ontario Tuesday and perused its African collection. The Catholic priest hails from the Central Africa Republic and has worked to make peace between Christians and Muslims in the war-torn country.

LIZ BEDDALL/METRO

Father Bernard Kinvi believes the world needs to distinguish between terrorism and Islam.

Following the Paris attacks and subsequent airstrikes by the French government on the Islamic State of Iraq and the Levant (ISIL) territories in Syria, the Catholic priest from the Central African Republic (CAR) is pained by a wave of anti-Muslim sentiment washing over the world.

"The majority of Muslims are true martyrs of this terror conflict," Kinvi said. "Just because someone is shouting 'Allahu akbar!' as he detonates a bomb doesn't mean they are representing all Muslims."

Kinvi was in Toronto this week to receive the 2015 Human Rights Watch's Alison Des Forges award.

Perceived faith-based violence is at the core of his work as a priest — and as a doctor. When war broke out in the CAR, his hospital in Bossemptele, near the border with Cameroon, received both victims and perpetrators of the violence.

He also put his own life at risk by using his church to hide and save over 1,500 people during the conflict, mostly children and members of the country's Muslim minority.

The work took an emotional toll, he said. Rebels would often call him, and say they had just killed people and to ask him to do the burial.

"It was painful. I felt anger burning inside of me," he said. "The images of the dead and the odour of decomposing bodies will never leave my mind."

Yet he continued to treat the wounded — including the rebels themselves. Unlike what's reported in the media, he believes the root of the conflict lies in poverty and state mismanagement, not religion. The same applies to the war on terror, he said.

"When a bomb is dropped in Syria, it doesn't necessarily kill jihadists," Kinvi said. "The number of innocent civilians dying in Syria at the hands of French air strikes far surpasses 129 victims of Paris attack."

> **"The images of the dead and the odour of decomposing bodies will never leave my mind.**
> Bernard Kinvi

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Gardiner gift plants inspiration

WATERFRONT TORONTO

Mayor hopes others will be inspired to donate

Chris Bateman
For Metro | Toronto

City organizations like Waterfront Toronto are changing how they do business in order to accept more charitable gifts like the $25 million pledged this week for a new linear park beneath the Gardiner Expressway.

Philanthropists Will and Judy Matthews donated the money for "Project: Under Gardiner," a plan to add walking trails, gardens, markets, and skating facilities to a 1.75-kilometre strip of land under the elevated expressway between Spadina Avenue and the CNE.

Waterfront Toronto will be in charge of delivering the project, but CEO John Campbell said his organization's current structure requires the Matthews' money to be funnelled through the city first.

A concept drawing for **Project: Under Gardiner**, a $25-million plan to convert a stretch of land beneath the Gardiner Expressway into an urban park. CONTRIBUTED

That's a potential barrier to philanthropic city building, he said.

"There are people out there that want to contribute, you've just got to make the vehicle to make it happen," Campbell said.

"We want to use this as a bit of a seed to prompt that idea, so we're going to be applying appropriately to create a separate vehicle that will allow [donations] to happen directly."

Mayor John Tory hopes the Matthews' unprecedented donation will inspire other wealthy Torontonians to contribute to the city's development.

"I will tell the people of Toronto, in a friendly sort of partnership way, to come forward with ideas like the Matthews did," he said. "I assure you at my office and the offices of my council colleagues, you will have a very willing and eager audience."

The first phase of Project: Under Gardiner will be built on city-owned land between Strachan Avenue and Bathurst Street by July 2017.

FOUR T.O. PHILANTHROPY PROJECTS

Jamie Bell playground
TORSTAR NEWS SERVICE

Torched by vandals in March 2012, the play area in High Park was rebuilt and improved thanks to more than $140,000 contributed by various groups.

ROM crystal
TORSTAR NEWS SERVICE FILE

Michael Lee-Chin's name was added to the famous crystalline entrance to the Royal Ontario Museum as thanks for pledging $30 million towards the $300 million expansion.

High Park Zoo
TORSTAR NEWS SERVICE FILE

In 2011, city cuts removed funding for the popular High Park Zoo. Non-profit group Friends of High Park Zoo raised $270,000 and partnered with the Honey family foundation to match community grants up to $50,000.

AGO expansion
TORSTAR NEWS SERVICE FILE

Businessman Kenneth Thomson contributed $50 million towards the AGO's $170 million Frank Gehry-designed expansion and renovation, as well as a sizeable chunk of his own art collection.

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USA City Breaks

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Flights + 3 Nights 4-Star
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Reporter Chris Bateman takes a sober spin on CAMH's driving simulator. The lab is being used to test how marijuana affects people's ability to drive. LIZ BEDDALL/METRO

Taking a spin with drugged drivers

ROAD SAFETY

Simulator lets experts study effects of cannabis

Chris Bateman
For Metro | Toronto

If Justin Trudeau's Liberal government legalizes marijuana in Canada, research by drug experts at the Centre for Addiction and Mental Health in Toronto may play a role in how it's enforced.

For the last two years, scientists Robert Mann and Gina Stoduto have been giving test subjects a joint, putting them behind the wheel of a driving simulator and recording what happens under controlled conditions.

"The No. 1 drug found in dead and injured drivers after alcohol is cannabis," Mann said. "Teenage drivers in high school are now more likely to drive after cannabis use than they are after drinking."

Based on a real Chevrolet Cavalier, the $100,000 simulator has a realistic ignition and functioning instrument panel. Monitors provide a 180-degree view, and the seat vibrates based on the road surface.

"At certain points on the roadway, we programmed it to collect data like average speed and how they're staying in the lane," said Stoduto.

Participants in the study were regular recreational marijuana users aged 19 to 25. Researchers screened for signs of drug dependency and other risk factors.

"The cigarette weighs the same for everybody," said Stoduto.

"We allow them to smoke up to 10 minutes, and they can consume as much as they want, so everyone takes a different dose."

The study is double blind, meaning neither the participants nor researchers know until after who smoked real marijuana and who received a placebo produced by the U.S. National Institute on Drug Abuse.

Mann and Stoduto are still gathering data, but preliminary results suggest marijuana does have a negative effect on drivers.

"The drug does seem to be changing the way people drive," Mann said. "It's hard for us to look at the data and say, 'That's a mistake.' We can say it's 'different.'

"Give us another six months and we'll tell you what the data tells us."

MEDIA

Speaker's Corner for voyeurs

Remember Speakers' Corner, that popular Citytv show where ordinary people could drop a loonie into a booth and be recorded ranting about life, commenting on news events of the day, having crazy sex and taking a bathroom break?

OK, the last two might not have been expressly encouraged, and yet it's no secret that members of the public — surely upstanding most of the time — would venture into the booth at night on the corner of Queen and John streets in downtown Toronto to fornicate, urinate and possibly even defecate.

There were also rumours those pre-YouTube-era clips were preserved and shown at Citytv staff parties. In his new book, Number Two: More Short Tales From a Very Tall Man, sportscaster Jay Onrait recounts seeing a compilation at a holiday party hosted by Citytv founder Moses Znaimer in the mid-'90s, where Onrait was volunteering as a waiter.

"A quick cut to a drunken frat boy whipping out his wang and p---ing all over the seat in the booth, marking his territory if you will," Onrait writes.

"This led to another quick cut back to the original couple," he continued, saying it was obvious they were having sex.

"We were being treated to (very) amateur pornography for Christmas."

Merry Christmas, indeed.

Onrait — now an anchor for Fox Sports 1 in Los Angeles — told Torstar News Service there's not much more to add to what is already in the book.

TORSTAR NEWS SERVICE

Sportscaster Jay Onrait
TORSTAR NEWS SERVICE

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'I want them to be empowered'

Everyday Political Citizens

Journalist and volunteer aims to show youth their influence

Luke Simcoe
Metro | Toronto

Every year, Samara Canada's Everyday Political Citizen (EPC) project honours Canadians who are making positive changes in their communities. The winner of the contest will be announced Dec. 3, 2015.

Metro is profiling the four EPC nominees in the Greater Toronto Area. Today, we meet Theresa Do, a journalist and volunteer in Toronto who spearheaded the city's recent InForum conference for youth.

For Theresa Do, her politics are inseparable from her heritage.

Do, 24, is a second-generation Vietnamese Canadian. Her family survived the Vietnam War and immigrated to Canada in the late 1980s.

"Being the daughter of immigrants really shaped my formative years and continues to shape how I see the world," she said.

"To be part of a family that comes from a country that stripped away their citizens' democratic right to participate in the social affairs of the nation ... it gives me a motivation to make sure that I don't squander my opportunity and privilege to become more involved in the affairs of Canada."

Theresa Do says her experience as a second-generation Canadian informs her political perspective. CONTRIBUTED

And that's exactly what Do is doing. She's pursuing her master's degree in global affairs at the University of Toronto and working part-time as a journalist at the CBC.

She also volunteers with a relief organization offering aid to children in the global South, and recently organized the InForum Conference in Toronto, a non-partisan event geared toward informing and empowering youth.

> **I want to make sure everything I do is for the good of society.**
> Theresa Do

"I see a lot of young people who aren't partisan at all. They're politically agnostic. They don't coalesce around a party but they coalesce around issues," she said.

"I want them to be empowered. I just want them to know that they can make a difference."

Do said she's honoured to have been shortlisted for the Everyday Political Citizen award because she believes in practicing politics at the everyday level.

"I think it's the small struggles that you go through every day to work to your goals and the common goals of your peers. It's the conversations you have with your peers about the state of the world. It's the effort you put in helping someone solve a problem," she said.

DEVELOPMENT

Wood-frame condos on the way

Chris Bateman
For Metro | Toronto

One of the city's tallest wood-frame residential buildings is on its way to Queen and Dovercourt thanks to new building-code regulations.

Provided it receives the necessary planning approvals, 45 Dovercourt Rd., which is being marketed as CABIN, will become one of the first wooden structures in the city to span six storeys.

"Wood can go up very quickly; that's one of the big advantages of it," said project architect Roland Rom Colthoff of RAW Design.

"CABIN is on a relatively narrow site. It's not a very big building. So to use more traditional materials like concrete or steel is not very economical," he said.

Before Jan. 1, wood-frame residential buildings in Ontario were capped at four storeys. British Columbia permitted taller structures in 2009, but Ontario only recently followed suit.

Richard Lyall, president of the Residential Construction Council of Ontario, said wood buildings could be a boon for Toronto's housing market, making tight infill projects like CABIN easier — and more affordable.

"We can innovate on mid-rise, we can build green, we can get buildings up faster, we can increase housing supply this way," he said.

A concept drawing for CABIN. CONTRIBUTED

"The buildings don't look or feel any different than a concrete building of the same height.... It's just a good news story all around. Wood is the answer; it's the future."

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Muslims shouldn't apologize

OPINION

It's not right to feel guilt for acts of madmen

Amal Ahmed Albaz
Torstar News Service

Because I wear a hijab, I'm automatically the national spokeswoman for every Muslim in the country. It's like there's a stamp on my forehead that reads, "Complaints? Comments? Rage? Bring it all here."

Last year, I was verbally attacked in the washroom at Union Station. A lady walked in, interrupted a light talk I was having with a mother and her baby and started shouting, pointing to my hijab, to take my "s—" off. She said it was all my fault terrorism is coming to the West and that I train undercover.

Whoa, there. Terrorist? Me? I can't even kill a spider. The only trainer I have is the one at Good Life Fitness, and the only thing I load is my Presto.

I stood up for myself, which resulted in a loud, ongoing back-and-forth. What struck me most was that people walked in and out, but no one said anything. The woman I was just having a heartwarming conversation with didn't say anything. There was another Muslim woman, who didn't wear a hijab, and even she didn't say anything. She only came to me after I left the washroom and told me she was sorry I went through that. I thanked her but couldn't help but think, "Where were you back there?"

Confidence isn't foreign to me, but I found myself crying the entire train-ride home. I couldn't help but think, I knew how to get out of this and stand up for myself. But what about others who face this and are unable to respond or hold it together? Why does anyone even have to go through that?

Born in Egypt, I've been in Canada since the first grade. This was the only shockingly discriminatory incident I've faced. I know most people aren't like this; it's just the one per cent who feel like they need to vent their ignorance. The other 99 per cent are as friendly as Canadians and as curious as George — and curiosity is the first step toward a less ignorant society.

People aren't afraid of people; they're afraid of what they think about people. Instances like the Peterborough mosque burning or the Muslim woman who was attacked outside her children's school left me shocked, just as I was when I heard about the attacks on Paris, Beirut and every other city that doesn't end up trending worldwide.

A friend asked me if I had apologized on my social media yet for the attacks. I'm sorry — what? One and a half billion Muslims shouldn't feel like they need to "apologize" or condemn what happened in Paris any more than every white person should feel the need to apologize for slavery.

Islam teaches that an unjust attack on one person is an attack on all humanity. So, yes: I stand in solidarity for justice and I send my prayers to all who were affected. But I do not apologize for what I haven't done. I am not accountable for the actions of some nut-head who claims to be a Muslim.

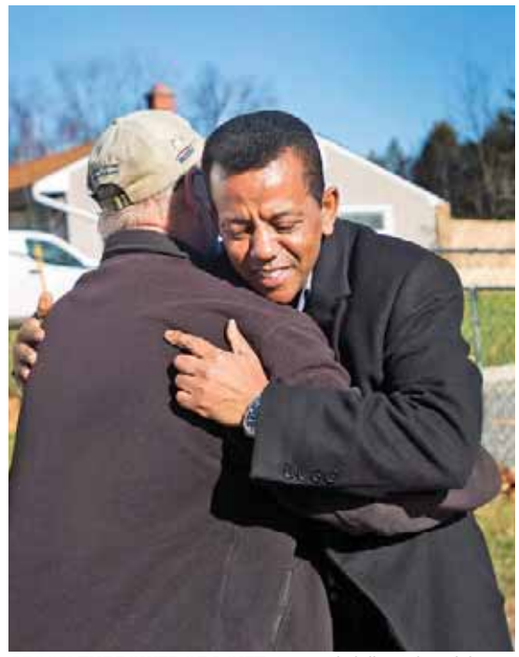
I don't condemn an act of violence because someone thinks "my people" did it. I condemn an act of violence because I'm human.

> **People aren't afraid of people; they're afraid of what they think about people.**

So do I feel safe in Toronto? I do. This is home. But just because I feel safe doesn't mean the thousands of Muslims here do. The issue is real. Some Muslims and other visible minorities face discrimination daily.

There's a fine line between pity and understanding. No one wants to be pitied, but everyone hopes to be understood. So don't give your pity; just try to understand.

When I'm on the subway and you hear my alarm go off, don't think it's a bomb. It's my alarm clock that I left on snooze because, like you, I was dreading leaving my warm, cozy bed to face the monstrous -30 C weather. And yes, I see you staring — but I just think you love my outfit.



ARSON THE POWER OF A GIFT Kenzu Abdella, right, of the Kawartha Muslim Religious Association, hugs Larry Forsey over his donation at the recently torched Masjid Al-Salaam mosque in Peterborough on Monday. NATHAN DENETTE/THE CANADIAN PRESS

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RCMP

Hidden knife leads to arrest on Parliament Hill

The Mounties arrested a man carrying a hidden knife outside the Parliament Buildings on Tuesday, as security forces remain on high alert following the recent deadly terror attacks in Paris and Beirut. The Parliamentary Protective Service apprehended the man outside Centre Block and took him into custody, RCMP Cpl. Valerie Thibodeau said Tuesday evening. Charges were pending as of early Tuesday evening, and the investigation is ongoing. It was unclear whether the investigation was terrorism-related. There were no available details on the alleged knife's size or type. Under the Criminal Code, a knife with a blade that opens automatically by gravity, force or the push of a button is considered a prohibited weapon. Centre Block, which includes the House of Commons and the Senate, is a popular tourist destination and many cabinet ministers have offices there. METRO

MILITARY

More troops to join training mission

Canada will deploy more troops to help train local fighters battling Islamic State extremists as part of Canada's renewed commitment to the anti-terror fight, Prime Minister Justin Trudeau says.

Trudeau confirmed Tuesday what he has been hinting at for several days — that a beefed-up training mission will mark the core of Canada's changing contribution to the coalition fight against extremists in Iraq and Syria. But Trudeau also warned the battle against the terrorists will "not be a short engagement."

The additional troops will come as the Liberal government makes good on its election pledge to end the year-long combat mission by CF-18 fighter jets bombing extremist targets in Iraq and Syria.

Instead, Canada will announce it will commit more soldiers to the training role to enable local militia to take the fight to the extremists and reclaim territory in Iraq lost to Islamic State of Iraq and the Levant (ISIL) forces.

Talking to reporters, Trudeau said the new military mission is certain to involve more than the 69 Canadian troops already on the ground in northern Iraq, an operation launched more than a year ago to train peshmerga forces. But just how many more, their exact mission and the timing of the deployment are all questions that are being looked at, he said. TORSTAR NEWS SERVICE

Prime Minister Justin Trudeau talks to reporters en route to the Philippines on Tuesday for the APEC summit. THE CANADIAN PRESS

Syrian refugee children play at a settlement on the outskirts of Mafraq, Jordan, in October. Refugees from Syria won't be coming to Canada from a single camp. THE ASSOCIATED PRESS FILE

Logistical test for refugee planners

IMMIGRATION

Getting 25,000 Syrians to Canada is a complex task

First came the announcement of the 25,000 Syrian refugees' fast-tracked arrival in Canada.

Now come the logistics.

Admittedly, there are plenty of problems. Although numbers ramped up recently, the Harper government cut immigration staff and shrank refugee budgets over the past decade, making it more difficult to process thousands of people in the six weeks left until the end of the year. Or even the longer period that has been hinted at.

But consider the sheer logistics of getting 25,000 mainly Arabic-speaking Syrians from Lebanon, Turkey and Jordan to Canada without mishaps, missteps and the numerous setbacks that face even ordinary travellers.

"I was one of those urging caution," says Howard Adelman, who launched a national campaign in 1979 that brought 60,000 Indochinese "boat people" to Canada in 24 months. But he added, "there was so much enthusiasm that I changed my mind."

Scott Mullin, labelled the "One-Man Board of Immigration" during the airlift of Vietnamese refugees from Sham Shui Po refugee camp in Hong Kong, processed thousands of people, sending off a flight every two to three days.

But he said, this operation will be more unpredictable and difficult, because the Syrian refugees won't be coming from a single camp.

Even when they reach the airports, "flying is complicated. There are baggage limits. Women have babies. Elderly people die. And then there's someone who forgot to add their nephew to their documentation papers, so you have six people instead of five."

Military rather than chartered commercial transport may be a less complex way of travel, and better equipped for dealing with security problems and emergencies, says Walter Dorn, a professor of defence studies at Royal Military College of Canada. But he warns it's more expensive by far and military aircraft aren't outfitted for large numbers of passengers. TORSTAR NEWS SERVICE

> **When the government is this gutsy and ambitious I don't think anybody will care if they're not all here by Jan. 1.**
>
> Howard Adelman, who launched a 1979 campaign

HOUSING

Shelter options include gyms, mosques, cottages

Providing refugees shelter from the storm of war is a challenge for cities across the country.

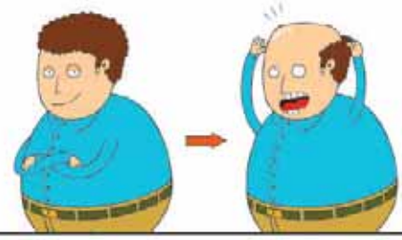
Toronto and Vancouver already have a shortage of affordable housing, and immigrant settlement agencies are scrambling to find enough units for the anticipated arrival of 25,000 Syrians by Jan. 1 — four times the number of government-sponsored refugees who usually arrive in a year.

"We are looking at everything from mosques and synagogues to gyms and schools," said Chris Friesen, chairman of the Canadian Immigrant Settlement Sector Alliance. "If you have a basement suite, an empty summer cottage, a room, anything, please let us know."

Ontario has said it will accept 10,000 refugees by the end of 2016, while Quebec initially pledged to resettle 6,000.

The terrorist attacks in Paris on Friday have prompted some politicians, including Saskatchewan Premier Brad Wall, to question whether the six-week time frame will compromise security screening. TORSTAR NEWS SERVICE

LOSING HAIR IS NOT FUNNY



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EUROPE

Activists urge open borders

Europe must resist the urge to seal its borders to refugees and asylum seekers in the wake of the deadly attacks in Paris last week, Amnesty International said today.

The human rights group is calling for safe, legal routes for the refugees to reach Europe and efficient screening processes to allow them to stay.

"Giving in to fear in the wake of the atrocious attacks on Paris will not protect anyone," John Dalhuisen, Amnesty's director for Europe and Central Asia, said in a statement.

"The numbers fleeing persecution and conflict have not gone away, nor has their entitlement to protection. In the wake of this tragedy, the failure to extend solidarity to people seeking shelter in Europe, often after fleeing the very same kind of violence, would be a cowardly abdication of responsibility and a tragic victory for terror over humanity."

Irregular arrivals into the European Union totaled about 500,000 in September alone, compared to 280,000 in all of last year, Amnesty said in "Fear and Fences: Europe's Approach to Keeping Refugees at Bay."

The report details human rights abuses and push-backs on the border between Spain and North Africa, along the dangerous eastern Mediterranean route via Turkey and on the borders of Macedonia, Serbia and Hungary.

European Union countries have built more than 235 kilometres of fence along their borders, Amnesty found.

A 23-year-old Palestinian refugee from Syria described being held in a dirty police cell in Greece before being sent back to Turkey.

"I was shaking from hunger and one of my friends was looking really white. I got really angry and started shouting that they would be responsible for what happened to us and that we needed food and water. The children hadn't eaten for two days and neither had we," he said.

TORSTAR NEWS SERVICE

A refugee crosses the Greek-Macedonian border Tuesday. GETTY IMAGES

People observe a minute of silence on Monday outside the La Belle Equipe — one of the targeted shooting sites — on Rue de Charonne in the XI arrondissements in Paris. JACQUES DEMARTHON/AFP/GETTY IMAGES

Café des Anges: A living memorial to its victims

Paris

Staff regularly traded back and forth with La Belle Equipe

Marco Chown Oved
IN PARIS

A short walk from the public mourning in Place de la Republique and the bouquets at each shooting site is a café that doesn't appear to have any connection to the November 13th terrorist attacks.

But if you go past the round tables lined up along the sidewalk and through the blue French doors on the corner, it becomes clear the Café des Anges is a living memorial to its victims.

Five current and former employees as well as six regular customers were killed at La Belle Equipe, an establishment so intertwined with this one that they traded staff back and forth.

More than two dozen friends had gathered there on the fateful evening to celebrate waitress Houda Saadi's 35th birthday. They were sitting on the terrace and bore the brunt of the assault when it came. Many are still in hospital. Eleven didn't make it.

> **We have always had people that come from everywhere, from every country, every religion. Christians, Muslims, Orthodox, everyone.**
>
> Café des Anges manager Virgile Grunberg

Among the dead are Hodda and her older sister Hamila, 36, bartender Lacrimioava (Lacri) Pop and her partner Ciprian Calciu, waitress Michelli Gil Jaimez, 27, former bartender Guillaume Le Dramp, 33, and regulars Ludovic Boumbas, René Bichon and Hyacinthe Koma.

"Just thinking about it brings back images, very graphic images," said Café des Anges's manager Virgile Grunberg.

One invitee showed up late and found police tape and carnage where the party was supposed to be. A pair of brothers dragged their dying sisters from the chaos and desperately performed CPR as they waited for help to arrive.

I spent most of the day with Grunberg and his staff and watched them put on a brave face as the lunchtime rush arrived. They poured coffee, cleared tables and hauled cases of wine up from the basement, all while stopping to chat with those who came by to pay their respects, and greeting regulars with a hug instead of the customary bisous.

"We are all very close, the staff, the customers," Grunberg said. "This is a neighbourhood café. People come everyday and they tend to spend a lot of time here. We're all part of each other's lives."

Axel, a bartender, put it more succinctly: "we're family."

TORSTAR NEWS SERVICE

FRANCE

French police continue hunt

France's defence minister says 10 French fighter jets are carrying out new airstrikes on Islamic State of Iraq and the Levant (ISIL) group targets in Syria.

Minister Jean-Yves Le Drian says the jets have carried out new raids Tuesday evening. Speaking on TF1 TV, the French defence minister said France will have 36 fighter jets in the region capable of carrying out airstrikes on ISIL targets once the Charles de Gaulle aircraft carrier reaches the zone. The carrier embarks from Toulon on Thursday.

Meanwhile, French police are hunting for a second fugitive directly involved in the deadly Paris attacks, officials said Tuesday, as France made an unprecedented demand that its European Union allies support its military action against the ISIL group.

French and Belgian police were already looking for a key suspect, 26-year-old Salah Abdeslam, whose suicide-bomber brother, Brahim, died in the attacks Friday night that killed at least 129 people and left over 350 wounded in Paris. ISIL militants have claimed responsibility for the carnage.

THE ASSOCIATED PRESS

MOSCOW

A sombre President Vladimir Putin ordered the Russian missile cruiser Moskva, currently in the Mediterranean, to start co-operating with the French military on operations in Syria.

French warplanes are shown bombing operational sites at the Islamic State of Iraq and the Levant's Syria stronghold Raqqa. Tuesday marked France's third consecutive day of airstrikes against jihadists. AFP PHOTO/ ECPAD/EMA

GERMANY

Bomb threat halts soccer game

The friendly soccer game between Germany and the Netherlands was cancelled at short notice due to the serious threat of an attack at the stadium on Tuesday.

"We had concrete evidence that someone wanted to set off an explosive device in the stadium," Hannover police chief Volker Kluwe told German TV.

Referring to another bomb threat about an hour beforehand that turned out to be a false alarm, Kluwe said, "After the first object turned out to be harmless, we got a tip that had to be taken seriously that an attack was being planned."

Lower Saxony Interior Minister Boris Pistorius, speaking at a late news conference, said no explosives had been found by then, and no arrests had been made.

Pistorius said there was no confirmation of rumours that an explosive device was placed in an ambulance or another vehicle inside or outside the stadium.

Federal Interior Minister Thomas de Maiziere told the same news conference that indications of a planned attack became stronger as the match approached, and that the game was called off at his recommendation.

There were no signs of panic, with most fans seemingly accepting the decision with resignation. THE ASSOCIATED PRESS

SOLIDARITY

French, English soccer teams unite in defiance

Uniting in a symbol of defiance and respect, players and fans of the French and English soccer teams delivered a moving display of solidarity at Wembley Stadium four days after the deadly attacks in Paris.

A touching pre-game ceremony saw England and France supporters sing the French national anthem as one, before the squads came together around the centre circle to observe impeccably a minute's silence in honour of the 129 people killed. England won 2-0, but rarely has the result of a soccer match — particularly one this prestigious — felt so irrelevant. THE ASSOCIATED PRESS

Two police officers stand in the stadium in Hannover, Germany, after a friendly game between Germany and the Netherlands was canceled. MARKUS SCHREIBER/THE ASSOCIATED PRESS

House Speaker Paul Ryan, joined by House Majority Whip Steve Scalise, left, meets with reporters on Capitol Hill in Washington, Tuesday, following a GOP strategy session. J. SCOTT APPLEWHITE/THE ASSOCIATED PRESS

U.S. leaders seek refugee 'pause'

GOVERNMENT

Democratic governor joins Republicans in mass backlash

It is not clear that any of the Islamic State of Iraq and the Levant (ISIL) terrorists who attacked Paris last week was a Syrian refugee. But early reports that one attacker entered Europe on a refugee boat to Greece, with a Syrian passport (now believed to be fake), have prompted an immediate and fierce backlash from Republicans across the U.S.

Twenty-nine Republican governors have declared this week that their states will not accept Syrian refugees. The list includes the leaders of not only deeply conservative states like Idaho and Alabama but also Massachusetts, Maryland and even Michigan, which already has a large Syrian population.

Governors don't actually have the power to decide who moves to their states once accepted into the country by the federal government. But they can deny support to programs that help refugees survive and integrate, and they can try to pressure Washington to direct refugees somewhere else.

New Hampshire Gov. Maggie Hassan, a Democrat, gave Republicans political cover Monday when she called for the federal government to "halt acceptance of refugees from Syria" until U.S. security officials can ensure the refugees are being sufficiently vetted.

President Barack Obama, who has himself faced criticism for refusing to accept a larger number of Syrians, said it is "shameful" to suggest a religious test for refugees. "A new low," Democratic frontrunner Hillary Clinton agreed on Twitter. TORSTAR NEWS SERVICE

CONTROVERSY

Paul Ryan asks for break

The new Speaker of the House called Tuesday for a "pause" in the intake of Syrian refugees. "This is a moment where it is better to be safe than to be sorry," Paul Ryan said. He wants the government "to better guarantee that members of (ISIL) are not infiltrating themselves among the refugee population."

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Heavy freighter canoes able to withstand stormy weather are used by those who live in Peawanuck to travel the river. The river banks serve as the community's dock. TORSTAR NEWS SERVICE

DIAMOND EXPLORATION

De Beers seeking First Nation support

An exploration team from De Beers Canada was expected to be in northern Ontario's remote Weenusk First Nation on Tuesday, to seek community support to conduct diamond exploration work.

Weenusk First Nation, or Peawanuck, is a small community of nearly 400 people, 1,400 kilometres north of Toronto, on the shores of the Winisk River.

The Cree community is divided on whether or not they support mining in their ecologically sensitive and undisturbed traditional lands. Many live off the land, fishing and hunting caribou. They are concerned about the consequences of mining development.

De Beers is one of the world's largest diamond mine companies, operating with its partners in 20 countries across five continents. Each year, the company pulls 600,000 carats of diamonds out of the Victor Diamond Mine, 90 kilometres west of Attawapiskat First Nation. But the Victor Mine nears the end of its life span in four years. De Beers is now looking for fresh sources for diamonds.

Weenusk band councilor Georgina Pepan said she is not going to the meeting on Tuesday. "I have already said what I had to say and I'm not interested in mining," said Pepan, she added the chief will also not be in attendance as he is out of town.

TORSTAR NEWS SERVICE

IN BRIEF

Apple Pay now in Canada

Apple Pay launched in Canada on Tuesday but it currently accepts only American Express cards and the tap-and-pay system only works with the iPhone 6 and 6S models. Apple said seven retailers, including Tim Hortons, will accept payments at first. THE CANADIAN PRESS

market minute

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NATURAL GAS: $2.371 US (-1.4¢)
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Fight for breakfast dollars

RESTAURANTS

Rivals try to lure customers from Tims

Doug Fisher tries to steer clear of fast food for breakfast, but once in a while the president of food service consultancy firm FHG International Inc. in Toronto has one of Starbucks' decadent egg sandwiches.

"Breakfast is a hot item, and it's an open market," he says.

The giants are locked in a battle for your breakfast business. Fisher says they're all trying to lure you away from top player Tim Hortons which has over half the morning market share among "quick service" chains. McDonald's has been the most successful at stealing market share from Tims with its wildly popular coffee and McCafé offerings, Fisher says.

McDonald's Egg McMuffin TORSTAR NEWS SERVICE

Most of the giants have launched new breakfast menu items recently. They range from so-called healthy fast food to traditional, higher-calorie fare, says marketing professor Ken Wong at the Smith School of Business at Queen's University. The Egg McMuffin, which was introduced in Canada in 1976, is still among the lightest menu items at 290 calories. Tim Hortons offers some brekkie sandwiches under 300 calories. At the other end of the scale, Burger King's Enormous Omelette Sandwich weighs in at 750 calories. TORSTAR NEWS SERVICE

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metro VIEWS
Your essential daily news
Wednesday, November 18, 2015

ROSEMARY WESTWOOD

Hate-crime headlines and anti-immigrant sentiment don't completely describe this country. There are 35 million people in Canada. And the vast majority of them are not attacking Muslims right now.

A few things have happened to Farheen Khan since terrorists attacked Paris.

Yesterday, as she was getting ready to leave her house, her mother told her to make sure she called, to say that she's safe.

In the wake of hate crimes against Canadian Muslims, there's "fear, that we need to be careful," said Khan, a Mississauga writer, community activist, former NDP candidate in the last election and a Muslim who wears a hijab.

Then later yesterday, gassing up her car, an elderly man was watching her intently. "It looked like he wanted to say something." But instead he offered a deep, heartfelt smile. Khan sensed he "wanted to say I'm sorry that you're going through this."

You might think Islamophobia is sweeping this country: A Molotov cocktail tossed into a Peterborough mosque; a Toronto woman attacked in what police are calling a crime "motivated by hate;" a misguided woman with a sign on her lawn asking Muslims if they're sorry for what their "brothers" did in Paris.

More than 60,000 have signed a petition to slow Canada's acceptance of Syrian refugees. Saskatchewan's premier and Quebec City's mayor are both questioning the Liberals' plan — reiterated after the attacks — to offer a new home to 25,000 Syrians fleeing their country's civil war.

The hate-motivated crimes are "heinous and tragic," Khan said. But they have also lead to examples of support, like the Peterborough mosque. "You see the community rally together and try to raise money for this mosque." Loud voices support Canada's refugee commitments, too.

(ISIL) have nothing to do with the average Canadian Muslim, or the average Muslim, period.
Farheen Khan

Islamophobia in Canada has peaks and lulls. Like after 9/11, we're in a peak, Khan said.

"There needs to be a distinction. In a lot of people's minds we need to be able to create that sense that, you know what, an extremist group — they're an organized crime agency, they have nothing to do with the average Muslim Canadian or the average Muslim, period."

Khan added that clearly, education must continue.

"The last 10 years that we've been under the Harper Conservatives really added fuel to the fire. We've gone a little backwards."

We'll see if the new tone of the Liberals helps change things, Khan said. And she agreed with me that hate-crime headlines and anti-immigrant sentiment don't completely describe this country.

There are 35 million people in Canada. And the vast majority of them aren't attacking Muslims right now.

When we give in to fear and bigotry, the extremists win

Michael Coren
For Metro

I am currently in London, England, and the ripples from the Paris massacre are still being felt in this enormous city. It was all the more biting for me as our eldest daughter lives in Paris. Thank God she's okay, but one of her friends was shot in the arm. Proximity and love make it all so grotesquely real.

So, however, do the responses; especially when they are thoughtless, reactionary and soaked in rhetoric.

The mood here is that if we are to defeat these gargoyles of immorality, we must maintain our cultural superiority. And that culture consists of tolerance, religious pluralism, gay and women's rights, the rule of law and the acceptance of the stranger. To compromise on this would be to allow ISIL to win.

Yet within moments of the attack, not only social media but mainstream newspapers were calling not just for severe responses against ISIL — which is entirely justified — but warning against anybody perceived as a threat. Namely: Muslims and migrants.

The West is hardly free of blame in all this, and to now see armchair warriors writing bellicose columns is nauseating.

The truth, however, is that the overwhelming majority of Muslims not only detest ISIL but are its first victims. As for migrants, the very reason many of them are fleeing is to escape Islamist barbarism. That feeling is strong in London, but I'm not so sure it's the case across the Atlantic.

As for increasing the military campaign against the terror group — and perhaps we have to do so — we should also remember that it was the Gulf War, the western coalition's invasion of Saddam's Iraq, that destabilized the region and led to the very anarchy we now see. If you doubt me, think back to the situation before that campaign took place.

So the West is hardly free of blame in all this, and to now see armchair warriors writing bellicose columns is nauseating. Every time we make a sweeping statement about Islam, call on borders to be closed or call for migrants to be treated like potential terrorists, we play into the hands of ISIL and empower the very people we claim to oppose.

I have written an entire book about the persecution of Christians by Islamic extremists, and am not some naive fool who doesn't understand how the Muslim faith can be twisted. But I also know true Islam and true Muslim people.

As a submachine-gun-carrying British cop said to me just hours after the massacre, "These bastards have to be stopped." His name was Mohammad.

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Denzel Washington to get Cecil B. DeMille Award at the Golden Globes in January

Charlie Sheen on life with HIV

THE ANNOUNCEMENT

Actor reveals diagnosis to end extortion, reduce stigma

Former Two and a Half Men star Charlie Sheen has HIV.

In an interview Tuesday on NBC's Today, the 50-year-old actor said he tested positive for the virus that causes AIDS about four years ago, but that, thanks to a rigorous drug regimen, he's healthy.

When asked by co-host Matt Lauer if he had transmitted the disease to others, he declared, "Impossible. Impossible," and insisted he had informed every sexual partner of his condition beforehand.

Since his diagnosis, he has had unprotected sex with only two partners, he said, adding, with no further clarification, "They were under the care of my doctor and they were completely warned ahead of time."

He said one reason for going public with his condition was to put a stop to shakedowns from prostitutes and others who threatened to out him.

He said one prostitute took a photo of the HIV-related drugs in his medicine cabinet and threatened to sell that photo to the tabloids.

He said he had paid "enough to bring it into the millions" — perhaps as much as $10 million — to buy their silence and now was seeking to "put a stop to this barrage of attacks and sub-truths."

"Are you still paying these people?" Lauer asked him.

"Not after today I'm not," said Sheen, who during his appearance appeared jumpy and spoke in stuttering bursts.

Asked by Lauer if he expected "a barrage of lawsuits" from past sexual partners alleging he infected them, he said wanly, "I'm sure that's next."

With his public pronouncement, Sheen said he hoped to reduce the stigma and shame still felt by some others diagnosed with HIV, as well as by those who are reluctant to be tested in the first place.

"I have a responsibility now to better myself and to help a lot of other people," he said. "And hopefully with what we're doing today, others may come forward and say, 'Thanks, Charlie, for kicking the door open'."

THE ASSOCIATED PRESS

WHAT TO KNOW

AIDS activists react

Three Toronto social workers talked about what they hope people will take away from the Sheen's HIV-positive reveal.

DO

...practice what you tweet

"People are much more willing to talk about HIV and show compassion and that's incredible," says Murray Jose-Boerbridge, executive director of the Toronto People with AIDS Foundation. "The next hurdle there is to actually take that to action."

...start treatment right away

"What we're hearing ...is it's really important to start your treatment right away when you find out," says Jocelyn Watchorn, the AIDS Committee of Toronto's director of support services.

...disclose to your children at your own pace

Sheen spoke about coming clean to his 31-year-old daughter Cassandra. "It's helpful when the parents themselves have done a lot of work in terms of their own acceptance of HIV," says Nicci Stein, executive director of the Teresa Group, which advocates for children and families affected by HIV and AIDS.

DON'T

...talk about HIV like it's a karmic punishment

"People always think, 'I'm not that kind of person, therefore I'm fine'," Stein says. "There's such a wide variety of people who are living with HIV through all sorts of circumstances."

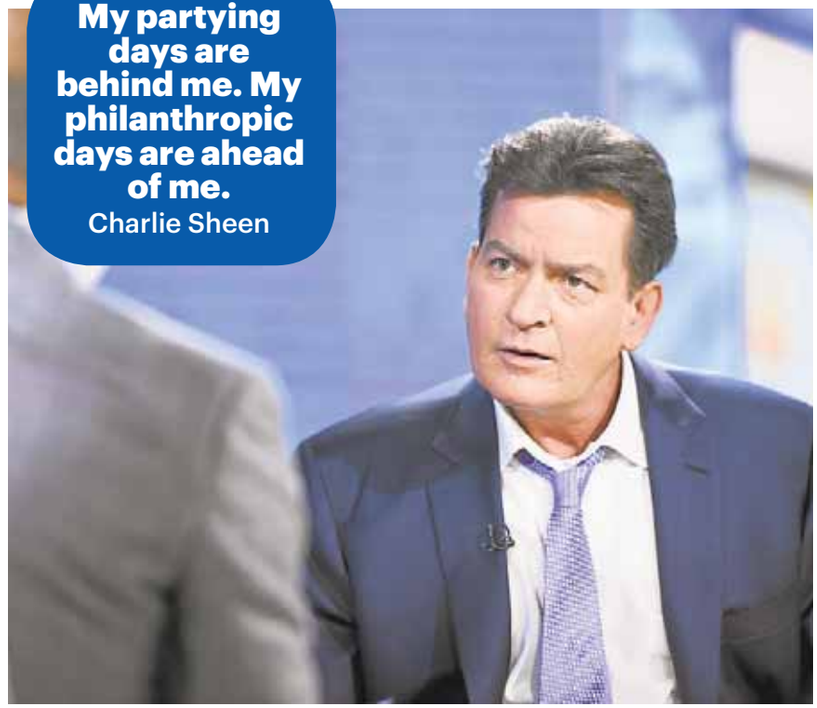
...assume Sheen represents all HIV-positive people

"I'd hate to see discussion or resources move to follow the trend of a star. The vast majority of people living with HIV continue to be gay men or other individuals who are experiencing societal gaps," says Jose-Boerbridge.

...underestimate the value of a celebrity ally

"He has the capacity and he certainly has the following to actually raise provocative conversation," Jose-Boerbridge says. "To actually challenge people to really think."

TORSTAR NEWS SERVICE



Charlie Sheen in an interview Tuesday said he tested positive four years ago for the virus that causes AIDS. NBC/THE ASSOCIATED PRESS

SOME FACTS ABOUT HIV

• Cocktails of powerful medications have turned HIV into a manageable chronic disease for many people who can afford them. Those drugs also reduce the amount of HIV virus circulating in the body, what's called the "viral load," often to undetectable levels. That, in turn, reduces their chance of transmitting HIV to sexual partners, one reason that health officials urge early treatment.

• There is no vaccine. Condoms if used consistently and correctly are highly effective at preventing sexual transmission. Also, a daily pill sometimes is prescribed for healthy people to help prevent them from becoming infected by partners who have the virus, something called "pre-exposure prophylaxis" or PrEP. THE ASSOCIATED PRESS

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'Tis the season for slow cooker meals

QUICK RECIPES

Try these fun dishes that are perfect for busy families

Ceri Marsh & Laura Keogh
For Metro Canada

We're going to tell you the one thing that is certain to make your life easier. And you're likely going to be surprised that it's a kitchen appliance. However, if you need to get meals on the table for your family everyday, without fail, then a slow cooker is truly your savior.

We know — it's wildly unsexy, but this magical appliance is the easiest way to deliver home-cooked meals without all the, well, you know, being home and cooking.

Whether you toss your dinner in the pot in the morning and head out the door to work or fill it with goodness before you go to bed, your family is always guaranteed a hearty and delicious meal.

Here are three of our favourite slow cooker dishes you can get on the table this week.

FOR MORE MEAL IDEAS, VISIT SWEETPOTATOCHRONICLES.COM

LUNCH CHICKEN CHILI TACOS

If your family doesn't already have a taco day then you'll definitely want to start the tradition with this juicy and tender chicken dish.

Ready in
Prep time: 10 minutes
Cook time: 6 hours

Ingredients
- 6 boneless, skinless chicken thighs
- 1"½ cups prepared pico de gallo or salsa
- ¼ cup fresh lime juice
- 2 tsp cumin seeds, lightly toasted
- ¼ cup chopped fresh cilantro
- 12 taco shells

Directions
1. Place the chicken, pico de gallo or salsa, lime juice and cumin seeds in a slow cooker and stir to combine. Cover and cook on low for 6 hours.

2. Allow to cool a bit. Scoop the chicken out with a big slotted spoon and place it in a large bowl. Use two forks to pull the meat apart. The chicken will shred easily. Stir in some cooking juices from the pot and add the cilantro.

3. Place the shredded chicken, your taco shells and desired fixings on the table and let everyone put together their own perfect taco.

Let your family to their tacos with their favourite ingredients. This recipe serves four. MAYA VISNYEI

DINNER BUTTER CHICKEN

You won't believe how good the house smells when you come through the door to this healthy recipe that doesn't actually use a drop of butter but delivers double on creamy and rich flavour.

Ready in
Prep time: 10 minutes
Cook time: 6 hours

Ingredients
- 2 lb chicken thighs or breasts, cut into bite-sized pieces
- 1 onion, chopped
- 3 or 4 cloves of garlic, minced
- 1 tsp minced ginger
- 147 ml tube of tomato paste
- 1 heaping Tbsp curry
- 1 x 400 ml coconut milk
- 1/2 cup Greek yogurt
- 1/4 cup milk
- 2 Tbsps coconut oil
- small handful of cilantro for garnish

This recipe serves eight. MAYA VISNYEI

Directions
1. Put everything in the slow cooker and stir it all around.

2. Close the lid. Set the timer for 6 hours. Don't worry if you need to be away from home for 8 hours or longer — it will be OK.

3. Serve with a big spoonful of jasmine rice and a sprinkling of cilantro.

BREAKFAST PB AND BANANA SANDWICH OATMEAL

This morning bowl of oats is like your favourite childhood flavours all rolled together in one bowl.

Ready in
Prep time: 10 minutes
Cook time: 8 hours

Ingredients
- 1 1/4 cups steel cut oats
- 2 cups almond milk
- 1 cup milk
- 1 cup water
- 1 Tbsp flax meal
- 1 Tbsp chia seeds
- 1 tsp real vanilla extract
- 1/4 tsp salt
- 1/3 cup chunky or smooth peanut butter
- 1 ripe banana, sliced
- 1 tablespoon honey
- 1 tablespoon brown sugar

This recipe serves four. MAYA VISNYEI

Directions
1. Add oats, almond milk, milk, water, flax meal, chia seeds, vanilla extract, salt and peanut butter into your slow cooker. Give it all a stir with a whisk to break up the peanut butter.

2. Arrange banana slices across the top. Drizzle with honey and then sprinkle the brown sugar. Cover and cook on low for 8 hours.

3. In the morning, scoop oatmeal out of slow cooker, pour in splash of almond milk and garnish with toasted, sliced almonds and some shredded coconut.

LIQUID ASSETS A NEW WAY TO LOOK AT FRANCE'S BEAUJOLAIS

With word that the 2015 harvest in France's Beaujolais produced fruit worthy of classic vintage status; tomorrow's release of the region's Nouveau wines might just turn into, well, an event.

The first juice pressed from French vineyards, Nouveau had its heyday back in the late '70s when wine-makers would race to be the first to unveil their wines at Parisian bistros.

While it still gets the spotlight in Europe, North American snobs complain that Nouveau wines are too expensive and as flimsy as a cheap shower curtain. Always up for a glass of wine on a cold November night, I've kept a more open palate when approaching Nouveau. At an average price of $14, those made with the hand-picked grapes from the broader Beaujolais appellation cost about as much as an average Aussie Shiraz.

Joseph Drouhin's 2015 Beaujolais-Villages Nouveau ($15.95-$18.99) comes from the vineyards surrounding a smaller group of villages. Loaded with red berry fruit; like all Nouveau it shines brightest after a slight chill.

PETER ROCKWELL/ FOR METRO CANADA

Donna Hay cooks The New Easy way

COOKING AT HOME

The Aussie food star talks recipes for everyday meals

Donna Hay is in her "absolute happy place" picking through a bunch of fresh mint.

The Australian food personality slips the perfect leaves into an ice bath. She sets the imperfect ones (most of them, in fact) aside.

"Only the pretty ones survive," sighs Hay with a hint of guilt. "It's terrible. It's Next Top Model: Mint."

Hay — a prolific cookbook author, magazine editor, TV personality and food stylist — is in the Torstar test kitchen cooking from her newest book. The New Easy: 135+ clever solutions and flavour-packed recipes for weeknights and weekends is her 23rd book.

Hay has always made gorgeous look easy. Now she makes easy look easy.

She has asked to make her spiced lamb and tahini tart. The dish (which isn't a tart by Canadian definitions) slathers an ordinary pita with hummus and tops it with ground lamb mixed with pine nuts, honey, dried mint and a North African spice blend called ras el hanout.

You're allowed to just scatter the perfumed meat mixture on the pita, but Hay can't help herself. She rolls the meat into tiny, perfect marble-sized balls while she talks.

Still, the pitas are ready for the oven in minutes.

"It speaks to me," Hay says of the Middle Eastern-inspired dish, "because I actually just cooked this at home. I think the reason my children like this is because I'm not a huge believer in standing over them to make them eat their vegetables."

Her boys — 12-year-old Angus and 9-year-old Tom — like their vegetables to come alongside dips. Tom calls this lamb pita concoction "dip pizza." Both sons can make it themselves.

Hay is passionately devoted to getting people to cook at home.

"I think restaurants have a really great place in my life, but I don't want to try to emulate something too difficult at home, even on the weekend — I just don't have time."

The New Easy promises to simplify kitchen life with new flavour combinations and new shortcuts. There are quick weeknight meals and special weekend dishes, with shorter chapters for salads/sides, baking and desserts. "Re-style" tips show you how to tweak and present dishes into something new.

Hay adores basic ingredients that are simply prepared. She lives in multicultural Sydney in a country spoiled for choice when it comes to fresh food. But she's best known for her exquisite food styling.

Hay doesn't fake her pictures. She uses a water sprayer, paint brush and oil to gloss things up, but shoots only in natural light and says her team of 20 eats everything they cook.

"I think styling has got a lot more casual," she muses. "It's a little bit messier and little bit more inclusive so people don't feel so pressured to perform."

TORSTAR NEWS SERVICE

People may fall for the pictures in her cookbooks says Donna Hay, but "then they're pleasantly surprised by the ingredient list and the fact the method is short and concise." MAIN PHOTO CONTRIBUTED; FOOD PHOTO: TORSTAR NEWS SERVICE

RECIPE

Spiced Lamb + Hummus Pita
Serves 4

Ingredients
- 4 large pitas (about 9 inch/23 cm)
- 2 cups (500 mL) homemade or store-bought hummus
- About 1-1/2 lb (675 g) ground lamb
- 1 Tbsp (15 mL) dried mint
- 2 Tbsp (30 mL) liquid honey
- 1 Tbsp (15 mL) ras el hanout spice blend (a North African/Moroccan blend of about 12 spices)
- 1/2 cup (125 mL) pine nuts
- Kosher salt + freshly ground black pepper

For serving
- Plain Greek yogurt
- Fresh mint leaves
- Lemon wedges

Directions
1. Place pitas on parchment-lined baking sheets. Spread with hummus, leaving 1/2-inch (2-cm) border.
2. In bowl, combine lamb, dried mint, honey, ras el hanout and pine nuts. Season with salt and pepper. Sprinkle lamb over hummus. (Or form into marble-sized meatballs and arrange neatly on pita.)
3. Bake in preheated 400F (200C) oven until lamb is cooked through and golden brown, about 12 to 15 minutes.
4. Cut pitas into wedges. Serve topped with yogurt and sprinkled with sumac and fresh mint leaves. Pass lemon wedges separately.

ADAPTED AND RENAMED FROM THE NEW EASY.

WORD OF MOUTH

Saying bonjour to the day

Theresa Albert
For Metro Canada

This week we are all Parisians; shaking our collective head, trying to comprehend the disruption that shook the world. Parisians are hearty and resilient, and they will carry on. In Paris today, you will still see people on their way to work with their smart outfits and slightly sleepy look in need of caffeine. Their culture includes taking time to enjoy eating and drinking together.

- Coffee is never sipped from a massive cup in a hustle. It is rare to see someone walk and eat or drink at the same time. Typically, Parisians will order a smallish espresso usually in a proper cup and sit to enjoy the moment as well as the perk of a few sips of caffeine. Many bistros and coffee houses don't even carry take-out cups with lids.
- During the morning rush, small and simple pastries or breads rather than big egg sandwiches tide Parisians over. If you see someone ordering a large plate of eggs they are likely foreigners. Unless it is Saturday and after 10 a.m. — then they will join friends and talk about life over a hearty meal of reasonable size.
- A piece of fruit and a handful of nuts could even be considered sustenance until the lunch hour which goes from noon to 2 p.m. Working lunches do happen and they do include wine, but the meal is the more important than the business meal.

The fact is, in France, every meal is a celebration of life.

Theresa is an on-camera food and health expert, nutritionist and writer who loves to spread the word on food

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SHOPPERS DRUG MART

El Vy more than a National holiday

SIDE PROJECTS

Frontman makes funky anti-funk in free time

Brent Knopf of Ramona Falls and Menomena and Matt Berninger of the National are El Vy. HANDOUT

Clearly, Matt Berninger has different ideas of relaxation than most.

When the National frontman finally ended 18 months of relentless touring behind that beloved Cincinnati indie-rock outfit's album Trouble Will Find Me, he immediately kicked off his holiday by starting a new band and making a new record.

Well, not that new. Berninger and longtime friend Brent Knopf (of Ramona Falls and Menomena notoriety) have been covertly working for five years on pop tunes gathered on their debut album as El Vy, Back to the Moon.

They didn't know exactly what they were working on, but this time last year they decided that it was too good not to finish.

"There was no pressure attached to it or schedule attached to it and that's why it kind of stayed a joy the whole time," says Berninger from Los Angeles.

Those songs are considerably more whimsical, loose-limbed and funky — albeit in a nerdy, almost anti-funk manner — than National fans are used to, although Berninger's dark wit is intact in the lyrics.

He might be the "name" in the band, but he's completely deferred to producer/multi-instrumentalist Knopf's quirks on the instrumental side.

Both audibly appear to be enjoying the process on Return to the Moon; the album splatters the wall with everything from disco to Krautrock to doleful piano balladry during its 11 tracks. There's even a half-serious "accidental concept" linking the tunes — but even the author urges you not to probe too deeply. El Vy basically just did everything at once for the hell of it.

"I've been learning to enjoy making records much more than I used to," says Berninger. "It used to be hard. It was a struggle. I loved it, but I was filled with anxiety. It's still hard and it's still a struggle, but the anxiety is gone."

Berninger and Knopf are taking El Vy on the road for a short tour — Berninger promises a four-piece band and "no lasers, but the next best thing to lasers" — and then it's right back to work on the next National record for him.

Apparently, it's sufficiently under way that the band is already making plans to debut the songs live next spring or summer to road-test them before recording.

"You'll probably hear a lot of new National material next year, but it'll all be from really sh—y iPhone recordings," says Berninger dryly, stressing that El Vy should not be misconstrued as an "escape" from his day job. He's still very happy at work.

"I'm so satisfied by the National on a creative level and actually we all are getting along very well now," he says. "What it was an escape from was the lifestyle that surrounds the National: after-show parties and bars and clubs, and just parties, parties, parties, parties."

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JOHANNA SCHNELLER **WHAT I'M WATCHING**

Aziz Ansari speaks to his generation

MASTER OF NONE, SEASON 1, EPISODE 5 (NETFLIX)

Dev (series creator and star Aziz Ansari) and a married woman (Claire Danes) are caught in flagrante by her husband Mark.

"I'm going to leave, and this time I'm leaving for good!" Mark rages to her.

Then he wheels on Dev, who is clad only in undershorts: "Why are you still here?" "I thought it might be awkward if we were in the elevator together," Dev replies. "Would you like to go first, or should I go first?" Mark stares at him in disbelief, then snaps, "Get the f— out of my house!"

I love this — Dev is nearly naked, in the middle of an emotional maelstrom he helped cause, yet his main concern is parsing the minutia of awkwardness. All 10 episodes contain moments like that, because Ansari has a gift for capturing the rhythms and concerns of millennials, that 20-something cohort who are struggling to be authentic but on-trend, empathic but cool; are navigating a world where they have to ask permission to kiss but expect to hook up; are trying to figure out who they are while processing billions of bytes of information; and who fear awkwardness above all else.

Master of None star and creator Aziz Ansari has made the perfect show about the minutiae of awkwardness. HANDOUT

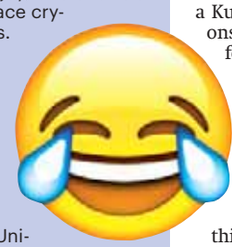
Ansari is also first-generation American, which adds a new dilemma, proudly brown versus colour-blind. He sums up an entire world view in, say, the search for the perfect taco ("What am I supposed to do now?" he sputters to the taco truck driver, whose wares are sold out. "Buy the second-best tacos, like an idiot?"). It's the perfect 21st-century show.

IN BRIEF

Oxford's Word of the Year for 2015 is not a word

For the first time, the Oxford Dictionaries Word of the Year for 2015 is not a word but an emoji.

The pictograph is officially called the 'Face with tears of joy,' and shows a happy face crying tears.



To choose from the many types of emojis in use, Oxford University Press worked with mobile technology business SwiftKey to track the most popular symbol used around the world in 2015.

In the U.K., the happy crying face made up 20 per cent of all emojis sent in 2015, while it also made up 17 per cent of emojis used in the U.S.

That compares to four and nine per cent respectively the year before.

AFP

COLLABORATIONS

Artists Shine a Light on racism in America

When Pharrell Williams signed up to perform at an all-star concert highlighting race relations in America, the multi-layered musician didn't want to "have a Kumbaya type-of-moment" onstage with his fellow performers, as he put it.

"That's not what these communities need. They don't need another song, they need action," Williams said in an interview Monday. "And if that's accompanied by music, that's a beautiful thing."

What came from that are two specials airing on A&E on Friday. The two-hour Shining a Light: A Concert for Progress on Race in America" — which includes Bruce Springsteen, Smokey Robinson, Ed Sheeran, Sia and John Legend — will tape Wednesday at the Shrine Auditorium in Los Angeles. It will air at 8 p.m. ET on Friday.

A one-hour special, Shining a Light: Conversations on Race in America, will follow at 10 p.m. ET. The special will feature conversations about racial inequality and violence in communities like Baltimore, Md. and Ferguson, Miss.

Williams visited and taped a performance earlier this month at the South Carolina church where nine black parishioners were shot and killed on June 17.

"We feel like for the first time a major network was very generous and (was) open to the concept of there being a platform for people in communities to voice their opinions and talk about their stories," said Williams, who was joined by Soledad O'Brien in Charleston, S.C. "Even if they agree or disagree, they have a platform to do it in an organized way."

THE ASSOCIATED PRESS

Pharrell Williams GETTY IMAGES

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Take stress out of holiday travel

PEARSON INTERNATIONAL

Programs and services set up to build spirit of the season

Anna German

With limited vacation time and children's school calendars, one of the only opportunities to take a family vacation is over the holidays — and that can mean booking air travel during the busiest season for flying. But fear not, the Toronto Pearson International Airport offers some seasonal perks that can make your family's airport travel a little more special.

From Dec. 17 to 24 the airport is offering its seasonal programming, with the launch of holiday hubs in each terminal where passengers can make ornaments and enjoy story time with Mrs. Claus. Children will also have the chance to speak to Santa live from the Santa' interactive kiosk, located in each terminal. And for frazzled passengers purchasing last minute gifts in the duty free, Pearson is offering free gift wrapping in

Travelling via Pearson International Airport doesn't have to be an ordeal this holiday season. SHUTTERSTOCK

If you're travelling on or after Dec. 25, try taking the stress out of holiday travel with these tips:

Splurge for the Plaza Premium Lounge — Located in Premium Lounge offers flat screen TVs, comfy chairs and food aplenty for travelers 1 any airline, in any class. It's $40 for two hours and children under 2 are free.

present, dinosaurs from the ROM are on display. Take the kids to see an Allosaurus 2wering over an Othnielia. Other exhibits come from the Sports Hall of Fame, Design Exchange and the CONTACT Photography Festival.

Pamper yourself — Grab a last minute manicure at :10 Minute Manicure in Terminal 1 or a massage at Be Relax in Terminal 3.

Eat and be merry — Pearson offers plenty of dining options, including restaurants 3m some of Toronto's best culinary talents. For something a little more upscale, try the braised beef at Susur Lee's Lee Kitchen in Terminal 1.

Reflect on the reason for the season — The Aviation Interfaith Ministry in Terminals 1 and 3 offers a quiet place for passengers to pray and meditate.

sanity.

Admire the art — Pearson has partnered with art institutions around the province to bring travelers changing exhibits in Terminal 1. At

R/E/S/T

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Relax/Eat/Shop/Travel is the new *pre-flight experience* at Toronto Pearson International Airport - torontopearson.com/rest

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Carvana launches world's first coin-operated car vending machine in Nashville

Satisfyingly straightforward

ROAD TESTED

REVIEW

Ford Edge lacks personality, but big on most everything else

Mike Goetz
For Metro Canada

Ford Edge was one of the pioneers of crossover land.

The territory is now teeming with contenders, but Edge has always maintained a sizable following through the years, even with the last generation model, which first debuted way back in 2006 and was showing its age.

An all-new Edge debuted for 2015 and it shows Ford knows a thing or two about building and selling mainstream crossovers. The styling is current crossover generic with a Ford face and will not alienate anybody. And through an expanded four-trim lineup (SE, SEL, Titanium, Sport), a series of well-thought-out option packages, and three engines on the menu, the Edge can be tailored to fit the needs of a lot of buyers in the "family" space.

So Ford Edge is not a niche product. But this is a good thing for midsize crossover shoppers, as it is built to deliver what everyone expects and values today in this segment, without too much fanfare and extra expense.

Moving the Edge to the current Fusion platform has raised its driving dynamics to another level. AWD models also now get "Curve Control" that automatically adjusts power and braking to maintain the right pace and line through a corner, should you go in there a little too hot.

All models also get "paddle shifters" on the steering wheel, and they are always "active" — you don't have to first shift the transmission lever into any kind of "manual drive" position.

The more sophisticated chassis is also quieter, and more comfortable over rough roads.

The big 3.5-litre V6 in our tester pumps out a lot of torque, for effortless motoring.

Ford Edge actually debuted the ill-fated first-generation MyTouch interface. This newer version works much better, and has just the right amount of hard buttons and knobs.

Our Titanium test vehicle had the 8-inch LCD screen with SYNC. That techy piece, along with the dashboard and centre console designed to look like one piece, looks impressively modern. Luxury vehicles seem to knit their interior bits together with a bit more detail and finesse, but otherwise there is a lot to enjoy in the Edge cabin.

With a slightly longer body and no third row to worry about, the Edge has a roomy rear seating area. And there is almost 200 litres of cargo space behind those rear seats. One of Edge's best features are the rear seat backs, which can be flipped forward by the cargo-area mounted switch.

It has a wide variety of up-to-date safety features, such as 18-degree front camera, adaptive cruise with brake support, blind spot warning, park assist, a lane keeping system that steers the vehicle back into line, and inflatable rear safety belts. Overall the new Edge feels very capable, comfortable and useful.

THE CHECKLIST | 2016 FORD EDGE

THE BASICS

Type. Midsize, 5-passenger, FWD/AWD crossover
Power. 245-hp 2.0-litre Turbo I4, 280-hp 3.5-litre V6, 315-hp 2.7-litre Turbo V6
Transmission. Six-speed automatic
Price. Base $31,999 (plus destination)

NOTABLE FEATURES

- 180-degree front camera, which has its own washer cleaning system
- Advanced park assist for both perpendicular and parallel parking spaces
- Available heated and cooled front seats
- Cargo-area switch flips rear seats forward to form a virtually flat and voluminous cargo hauling space

MIKE GOETZ/FOR METRO

POINTS

- All-new generation model debuted in 2015, based on current Ford Fusion platform
- Made in Canada, and first Edge model to be exported to Europe
- Stiffer and better handling chassis, fortified Sport model, and standard paddle shifters on all models nudge Edge toward more intensive driving experiences

MARKET POSITION

- Slots in the Ford crossover roster between the smaller Escape and slightly larger Explorer
- Roomy and car-like crossover, for those who don't need extreme 4X4 capabilities, towing, or three rows of seating
- New range-topping Titanium model designed to meet increasing market demand for more premium feel and features in small and midsize crossovers

THE COMPETITION

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Toyota Highlander
Base price: $33,355

Nissan Murano
Base price: $31,889

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GMC TERRAIN WAS NAMED A 2015 TOP SAFETY PICK BY IIHS

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Haul to a healthier environment

This truck won't go into production, but much of its fuel-saving tech will. JIL MCINTOSH/FOR METRO

DRIVING FORCE

Concept vehicle offers lessons for manufacturers

Jil McIntosh
For Metro Canada

Car owners are always looking for better fuel efficiency, but they're not alone. It's also a major issue with tractor-trailers, since fuel is usually a trucking company's largest operating cost.

As part of a U.S. government project involving four truck manufacturers, Freightliner has developed its SuperTruck. This concept tractor-trailer has achieved real-world testing of 19.3 L/100 km when fully loaded, about half of what a conventional truck would use.

"Seventy per cent of the freight in the U.S. is hauled by trucks, so trucking is an important part of the economy, but it consumes about 20 per cent of all fuel for road vehicles," says Derek Rotz, manager in advanced engineering for Daimler Trucks North America, which owns Freightliner. "If a truck uses less fuel, fleets can reduce their operating costs and it's good for the environment."

The SuperTruck concept is a combination of technologies, some of which are already in use in production trucks, including aerodynamic styling and low-rolling-resistance tires.

Others that may be used in the future include lightweight materials, electric air conditioning, and active grille shutters that improve airflow over the nose when full engine cooling isn't needed.

But while engineers tried as many things as possible, not all of them turned out to be viable. A technology has to cost less in the long run than the equivalent value of the fuel it will save, and also can't be so complicated that it's difficult to manufacture or install. The SuperTruck uses an exhaust-mounted turbine that runs off waste heat to produce electricity, but it's too heavy and complex for real-world use.

The truck also has a gasoline-electric hybrid system that ultimately didn't return the efficiency expected. Hybrid systems recharge their batteries with regenerative braking, which captures kinetic energy generated by the wheels when slowing down. Since these trucks primarily cruise at steady speed on the highway, there isn't much opportunity to recharge.

"There is limited stop and go, which means less energy recovered," Rotz says. "And it needs a lot of power to drive the vehicle, so you need a unique hybrid design for trucks and it's difficult to leverage passenger car technology. We went into the program in 2010 and (truck) hybrids were in discussion at the time, but very little was known about them. Five years later, we know the potential but also the limitations of the system, and we feel hybrids are actually not the best solution for long-haul trucks."

The engineers also optimized more than 2,000 of the truck's components, gaining a fraction of fuel economy with each that adds up over the entire vehicle. The truck's integrated aerodynamic trailer is also part of the project, and contributes about two-thirds of the SuperTruck's overall fuel savings.

DETAILS

- The U.S. government's SuperTruck program goal was a **50 per cent freight efficiency improvement**, which includes fuel, distance travelled and weight carried, but Freightliner achieved a 115 per cent improvement.
- Concept vehicles like the SuperTruck allow engineers to test new technologies not just in laboratories, but in **real-world scenarios** including hauling loads.
- Freightliner has also introduced a **self-driving concept truck**, the Inspiration, currently being tested on Nevada's highways.

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Roomy cube goes outside the box

USED VEHICLE

Fun to drive, but check 2009-13 models for bad locks

Targeting shoppers after heaps of space, fuel efficiency, compact driving manners and a full suite of options and features for customization, the tall and boxy five-door Nissan cube was marketed not as a car, but as a so-called mobile device.

Feature content included automatic climate control, Bluetooth, a Rockford Fosgate stereo, and a full range of individual accessory options. Push-button start with intelligent key, and interior mood lighting, were also available. Note that model grades included the cube 1.8, 1.8 S and 1.8 SL, from basic to loaded.

The test drive

Confirm proper operation of the rear door latch, several times, ensuring it opens via both the key and the remote release (if equipped). Problems with the rear door latch and lock may stem from a bad lock actuator. Check all doors for similar issues, and note that some owners have also reported issues with the fuel-door latch mechanism.

A troublesome steering-lock mechanism may fail and render the cube unable to start. If you can't turn the wheel, or the key, to set off, a bad steering lock is to blame. The owner's community has devised a DIY fix, available online, as the cost to repair this part out of warranty looks fairly hefty.

When driving, note that performance issues that include "lugging" or "bogging" under light or moderate acceleration could be caused by a bad knock sensor, which may or may not be accompanied by a Check Engine light. A mechanic can scan the cube's engine computer for signs of trouble in a matter of seconds if you note any issues.

Note that staining, a gross mildewy smell, or actual damp carpets in the rear cargo area are good signs that the rear hatch weather seals are leaking. The likely cause is a buildup of dirt and road crud around the plump rubber seals, which prevent a good seal and allow water through.

Once the model you're test-driving is warmed up to operating temperature, turn the stereo system and climate control off and lock your ears onto the CVT transmission (if equipped), as the vehicle comes to rest when stopped. Some owners have reported a rattling noise, which could be the result of a loose or improperly installed powertrain mount. This issue is easily repaired. JUSTIN PRITCHARD

COURTESY NISSAN

Engines

Standard on all models is a 1.8-litre four-cylinder with 122 horsepower, front-wheel drive, and a manual or CVT automatic transmission.

What owners like

Owners tend to rave about practicality, better-than-you'd-think performance and driving manners, maneuverability, outward visibility and an all-around fun-to-drive character. Gas mileage, a slick-shifting six-speed stick and heaps of interior space, headroom and legroom all round out the appeal.

What owners dislike

Common gripes include plasticky and low-budget interior bits, and a tendency for the cube to catch the wind and handle windy days like a four-wheeled kite.

The verdict

Research shows that the cube is a car largely loved by a strong owner's community. A well-cared-for model with a clean bill of health after a pre-purchase inspection can be bought confidently.

SEMA SHOW

Small carmaker 3D-printing its way into the history books

The Local Motors LM3D wowed at the Specialty Equipment Market Association show earlier this month. NEWSPRESS

Even at an event dedicated to customization and individual automotive style, a small company called Local Motors with just a single car on display managed to make a huge impression at this year's SEMA show.

At first glance, the LM3D Swim looks like a beach buggy. It's red, has no roof and there's even a surfboard mount. However, when you realize that it took less than four months to go from an idea to the finished product and that said product was made via Direct Digital Manufacturing (DDM) — a form of 3D printing — then things start to get very interesting.

"In the past few months our engineers have moved from only a rendering to the car you see in front of you today," Local Motors CEO Jay Rogers said. "We are using the power of DDM to create new vehicles at a pace unparalleled in the auto industry."

Local Motors first proved the potential power of 3D printing in January when it arrived at the North American International Auto Show in Detroit without anything to display but over the course of the event live-printed an electric vehicle, the Strati.

The LM3D Swim design came from Kevin Lo, a member of Local Motors' community of developers, makers and innovators, and was chosen from 60-plus entries.

Despite the rapid pace with which the company and its creations have already moved, meeting federal safety rules takes time. One of the LM3D Swim's aims is to accelerate the process of creating a fully homologated series of cars that meet all relevant safety standards with a view to making the first customer deliveries by 2017.

As well as crash protection, the car will also protect the environment. It has fewer components — 50 versus the 30,000+ used in a typical vehicle — and an electric motor. Then there's the scope for customization. Potential owners can quite literally personalize their vehicles inside or out with little more than the click of a mouse.

The company hopes consumers will be able to start reserving and potentially customizing their printed cars in 2016, and the finished vehicle should retail for $53,000. AFP

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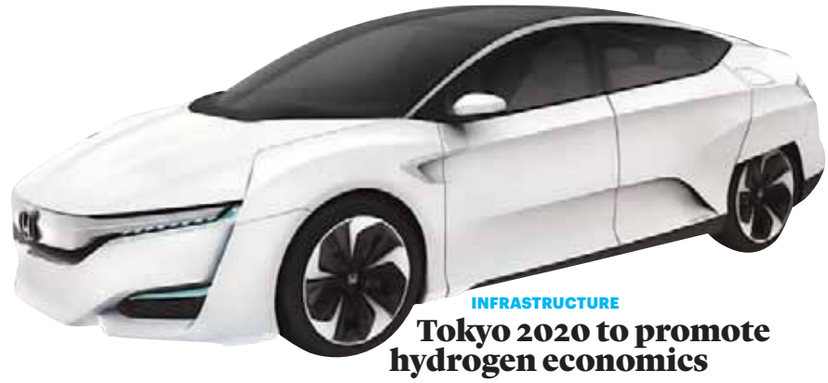
Limited time lease and finance offers available through Honda Financial Services Inc. (HFS), to qualified retail customers on approved credit. Payments include freight and PDI ($1,495), EHF tires ($28.45), EHF filters ($1.55), A/C charge ($100), and OMVIC fee ($5). Taxes, license, insurance and registration are extra. ΩRepresentative weekly lease example: 2015 Civic Si Sedan 6MT (Model FB6E5FKV) on a 60 month term with 260 weekly payments at 0.99% lease APR. Weekly payment is $73.99 with $0 down or equivalent trade-in. Down payments, $0 security deposit and first weekly payment due at lease inception. Total lease obligation is $19,236.21. 120,000 kilometre allowance; charge of $0.12/km for excess kilometres. PPSA lien registration fee of $45.93 and lien registering agent's fee of $5.65, due at time of delivery are not included. †Representative finance example: 2015 Civic Si Sedan 6MT (Model FB6E5FKV) with a selling price of $28,525.65 (includes freight, PDI, levies, OMVIC fee, and PPSA; excludes license and HST) on an 84 month term at 0.99% APR, the monthly payment is $351.63. Finance amount is $28,525.65. Cost of borrowing is $1,011.27 for a total finance obligation of $29,536.92 with $0 down or equivalent trade-in. ^$1,000 Holiday Bonus offer will be deducted from the negotiated price after taxes and can be combined with advertised lease and finance rates and applies to retail customer agreements for new 2015 Civic Sedan and Coupe models concluded between November 3rd, 2015 and November 30th, 2015 at participating Ontario Honda Dealers. ◆$2,000 // $2,500 // $3,000 cash incentive applies to retail customer agreements for any new 2015 CR-V // 2015 Accord Sedan (except LX 6MT and Hybrid) // 2015 Accord Coupe (except EX-L V6 Navi Coupe 6AT) models concluded between November 3rd, and November 30th, 2015. Cash incentive is comprised of $500 // $500 // $1,000 customer incentive which is deducted from the negotiated price after taxes (can be combined with advertised lease and finance rates); plus $1,500 // $2,000 // $2,000 non-stackable customer cash which is deducted from the negotiated price after taxes (available for Honda retail customers except customers who lease or finance through HFS at a subvented rate of interest offered by Honda as part of a low rate interest program. All advertised lease and finance rates are special rates). For all offers: license, insurance, other taxes (including HST) and excess wear and tear are extra. Taxes payable on full amount of purchase price. Offers only valid for Ontario residents at Ontario Honda Dealers. Dealer may sell/lease for less. Dealer trade may be necessary. Colour availability may vary by dealer. Vehicles and accessories are for illustration purposes only. Offers, prices and features subject to change without notice. See your Ontario Honda Dealer or visit HondaOntario.com for full details. **Based on Association of International Automobile Manufacturers of Canada (AIAMC) data reflecting sales between 1997 and December 2014.

Hydrogen gets Olympic platform

NEW GENERATION

Elantra lighter, more nimble on its wheels

Hyundai's Elantra compact sedan gets more aerodynamic styling, more horsepower and torque, and better fuel economy. It's also lighter yet stronger through greater use of high-strength steels, and displays a more nimble driving nature with a revised suspension. Power output, fuel efficiency, comfort and safety features have all been upgraded with extensive use of new technology, said Yang Woong-Chul, vice-chairman of Hyundai Motor Group research and development. High-tech upgrades include a driver's seat that remembers a driver's preferred seating position, autonomous emergency braking, automatic high-beam dimming and blind-spot detection, as well as rear cross-traffic alert and hands-free auto-opening trunk.



INFRASTRUCTURE

Tokyo 2020 to promote hydrogen economics

The Japan government plans to showcase hydrogen-powered fuel-cell vehicles and other hydrogen technologies at the 2020 Tokyo Olympics. It will spend the equivalent of about $330 million US through 2020 on hydrogen-infrastructure projects. Hydrogen-friendly automakers such as Honda (its FCV pictured above), Nissan and Toyota reportedly will underwrite some of those costs. Authorities are counting on the economies of scale brought by more hydrogen filling stations and "tens of thousands" more hydrogen cars on the roads to lower hydrogen-related costs between now and the Games.

TEXT AND IMAGES BY WHEELBASE MEDIA

FUEL EFFICIENCY

The SkyActiv's the limit

Mazda says its next line of fuel-efficient SkyActiv engines could be as much as 30 per cent more frugal than the current generation of its more eco-friendly powerplants. The new engines should appear in Mazda's lineup, which includes the CX-3, pictured, by 2018, and represent the main component in the company's fuel efficiency strategy, president Masamichi Kogai told Auto Express at the recent Frankfurt Motor Show. Meanwhile, Mazda is feeling out customer interest in hybrid and electric cars, and has appointed a special team to investigate the feasibility of reviving the Wankel rotary engines that were once a Mazda calling card. An earlier promise to bring a diesel engine to the United States might now hinge on whether getting one certified here would sacrifice its performance.

THE GREEN ANGLE

Metro's weekly picks for the latest in environmental news

FUEL-CELL CAR

Mirai impresses, quietly, in initial reviews

2016 Toyota Mirai hydrogen fuel-cell cars are on California roads now, and Car and Driver was among the first media outlets to test-drive the limited-production sedan, doing instrumented testing in addition to seat-of-the-pants impressions. Test drivers drove the Mirai around greater Los Angeles, stopping at several hydrogen fuelling stations along the way. About the worst thing they could say was that it's not a sports car, evidenced by its zero-to-96-km/h time of a slow-poke 9.4 seconds. Positive comments abounded, such as "pleasant," "comfortable" and "isolation-chamber quiet." Suspension, steering feel and ride quality were also favourably noted.

CUTTING EMISSIONS

Cadillac introduces ultracapacitors in start-stop setup

Engine start-stop systems are appearing in evermore vehicles as automakers strive to increase fuel economy and cut emissions. Shutting down engines while cars stand still — when there's no need for power for motion — can help achieve both goals.

Where current start-stop systems rely on battery power to keep electrical accessories running, and to restart the engine at the appropriate time, Cadillac is trying something new: ultracapacitors, which store energy for less time than conventional batteries, but which release their energy in quicker bursts of power said to stabilize electrical flow, reducing high currents and repeated cycling that shortens battery life, notes Green Car Reports.

The new system is standard on base 2016 Cadillac ATS and CTS models.

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SL AWD Premium model shown▲

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Conditions apply. *$2,180//$2,000//$2,500//$2,000 no-charge all-wheel drive upgrade is available on new 2015 Juke (excluding SV FWD (N5RT55 AA00)/ 2016 Juke (except SV FWD (N5RT56 AA00 and AE00) as well as NISMO RS FWD (N5YT56 AA00) // 2016 Rogue (excluding S FWD (Y6RG16 AA00) and SV special edition FWD (Y6SG16 AA00)) // 2015 Pathfinder (excluding S 4x2 (5XRG15 AA00) // 2015 Murano (except S FWD (1XRG15 NA00) // SV FWD (IXSG15 CC00)) models purchased or financed with NCF at standard rates and delivered between Nov. 3 - 30, 2015. Offer consists of a discount that can only be used at the time of initial purchase/finance and applied towards: (i) the purchase of an all-wheel drive system from an authorized nissan dealer; and/or (ii) the purchase price of the vehicle. **Dealer cost of 350//$400//$500 no-charge winter tire package offer is available on new 2015 Micra // 2015 & 2016 Versa Note // 2015 Sentra models purchased, leased, or financed and delivered between Nov. 3 - 30, 2015. 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Only applicable with finance through Nissan Canada Finance at standard rates. †Representative finance offer based on any new 2015 Pathfinder S 4X4 (5XBG15 AA00). Selling price is $32,589 financed at 0% APR equals monthly payments of $453 monthly for a 72 month term. $0 down payment required. Cost of borrowing is $0 for a total obligation of $32,589. This offer cannot be combined with any other offer. Conditions apply. *$12,198 selling price includes MSRP and fees for a new 2015 Sentra 1.8 S M6 (C4LG55 AA00). $5,000 NCI non-stackable cash discount, which includes $350 dealer participation included in advertised amount on 2015 Sentra 1.8 S M6 (C4LG55 AA00). ▲Models shown $37,139/$26,129/$48,839 Selling price for a new 2016 Rogue SL AWD Premium (Y6DG16 BK00)/ 2015 Sentra 1.8 SL (C4TG15 AA00)/2015 Pathfinder Platinum (5XEG15 AA00). See your dealer or visit Nissan.ca/Loyalty. *†‡▲Freight and PDE charges ($1,760/$1,600/$1,760) air-conditioning levy ($100) where applicable, applicable fees (all which may vary by region), manufacturer's rebate and dealer participation where applicable are included. License, registration, insurance and applicable taxes are extra. Lease offers are available on approved credit through Nissan Canada Finance for a limited time, may change without notice and cannot be combined with any other offers except stackable trading dollars. Vehicles and accessories are for illustration purposes only. For more information see IIHS.org. °Available feature. FEB cannot prevent accidents due to carelessness or dangerous driving techniques. It may not provide warning or braking in certain conditions. Speed limitations apply. ‡Around View Monitor cannot completely eliminate blind spots and may not detect every object. Always check surroundings before moving vehicle. Virtual composite 360 view. ^Ward's Large Cross/Utility Market Segmentation. MY15 Pathfinder and Pathfinder Hybrid vs. 2014 competitors. The Nissan Sentra received the lowest number of problems per 100 vehicles among compact cars in the proprietary J.D. Power 2015 Initial Quality Study℠. Study based on responses from 84,367 new-vehicle owners, measuring 244 models and measures opinions after 90 days of ownership. Proprietary study results are based on experiences and perceptions of owners surveyed in February-May 2015. Your experiences may vary. Visit jdpower.com. See your participating Nissan retailer for complete details. ©2015 Nissan Canada Inc. and Nissan Canada Financial Services Inc. a division of Nissan Canada Inc.

metro SPORTS

According to reports, nine-time all-star and former World Series MVP David Ortiz of the Red Sox will retire after the 2016 season

Estrada happy to return to the Blue Jays' nest

MLB

Two-year deal for stingiest pitcher after all-star break

The Toronto Blue Jays wanted him back, and Marco Estrada was happy to return. For the right-hander, it was a win-win situation.

The Jays agreed, signing him to a $26-million US, two-year deal that made sense for both parties.

For the 32-year-old Estrada, who made $3.9 million last season, it's a gigantic pay hike that should translate into life-time security for his family. For the Jays, needing to bolster their rotation for the likely loss of free agents David Price and Mark Buehrle, it's two more years of service from a dependable, quality arm.

Estrada is also low maintenance and a comfortable fit in the Toronto clubhouse.

"He exemplifies everything we're looking for in a Blue Jay player," interim GM Tony LaCava told a Rogers Centre news conference Tuesday. "He earned this contract and we're happy to have this day for him."

The new contract was announced last Friday, but Estrada and LaCava met the media Tuesday to discuss the deal.

After being acquired from Milwaukee in a November 2014 trade for Adam Lind, Estrada started this season in the bullpen after rolling an ankle in spring training but soon pitched his way out of it.

Befuddling batters with a devastating change-up, Estrada went 13-8 with a career-best 3.13 earned-run average and a career-high 28 starts.

> **"They loved it out here. They had a really good time, felt safe and comfortable. That means the world to me.**
>
> Marco Estrada on his family's opinion of Toronto

Only Jake Arrieta (.185) of the Chicago Cubs and Zack Greinke (.187) and Clayton Kershaw (.194) of the Los Angeles Dodgers held batters to a lower average this season than Estrada (.203). And Estrada led the majors in that category after the all-star break, restricting opposition hitters to a .183 batting average.

Kershaw is due to make $34.6 million next season while Greinke will get $26 million. Arrieta made $3.63 million as an arbitration-eligible player in 2015, and isn't eligible for free agency until after the 2017 season.

Estrada had several options after the Jays made him a $15.8-million qualifying offer. He could have opted for the one-year pot of gold, tested free agency or made another deal to stay in Toronto.

He chose the last option, saying it was "smooth sailing" getting the deal done.

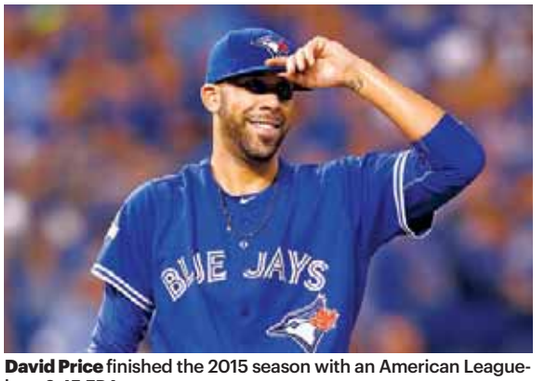
"I would have taken probably less for more years," he acknowledged. "But it's just the way things worked out. Two years is plenty ... I feel like it's an extremely fair offer."

"Could I have got more years on the open market? Maybe. But I wanted to come back here."

Estrada said one big reason was that most of his teammates are also coming back. "And I feel it's a pretty strong team to begin with." THE CANADIAN PRESS

Marco Estrada, left, and interim GM Tony LaCava speak at news conference on Tuesday at Rogers Centre. CHRIS YOUNG/THE CANADIAN PRESS

Price soon to learn if he's won Cy Young Award



David Price finished the 2015 season with an American League-best 2.45 ERA. JAMIE SQUIRE/GETTY IMAGES

David Price may join a select list of Blue Jays on Wednesday when the American League Cy Young Award winner is announced.

But even if Price is right for the award, the free-agent pitcher may be an asterisk on the Jays' list of winners — Roy Halladay (2003), Roger Clemens (1997, 98) and Pat Hentgen (1996) — given his Toronto days could well be over.

Price (18-5), who joined Toronto on July 30 in a deal with Detroit just ahead of the trade deadline, is up against Sonny Gray (14-7) of Oakland and Dallas Keuchel (20-8) of Houston Astros for the AL award.

$200M

The amount free-agent pitcher David Price is expected to sign for.

Price won the award in 2012 with Tampa Bay.

Interim Jays GM Tony LaCava was cagey when asked about Price. "Without being specific to any one guy, we're engaged with a number of free agents and we're talking to a lot of teams as well," he said.

The Chicago Cubs have already been linked to Price, who is expected to land a contract in excess of $200 million US.

Price went 9-1 with a 2.30 earned-run average in 11 starts with the Jays. He ranked first in the American League in earned-run average (2.45), third in innings pitched (220.1) tied for third in quality starts (24) and was fourth in strikeouts (225).

The National League Cy Young winner will also be announced Wednesday with Jake Arrieta (22-6) of the Cubs and Zack Greinke (19-3) and Clayton Kershaw (16-7) of the Los Angeles Dodgers vying for the award. THE CANADIAN PRESS

IN BRIEF

Swede Euro dreams for Ibrahimovic after double

Sweden earned a ticket to the 2016 European Championship after drawing with Denmark 2-2 in the second-leg playoff on Tuesday.

Zlatan Ibrahimovic scored both to put Sweden 2-0 ahead, and though Denmark's Yussuf Poulsen and Jannik Vestergaard replied in the last 20 minutes, the Swedes advanced 4-3 on aggregate. THE ASSOCIATED PRESS

Draw enough for Ukraine to make championships

Ukraine beat Slovenia 3-1 on aggregate to qualify, via a playoff, for the European Championship next year, after a 1-1 draw on Tuesday.

It is the first time Ukraine has successfully qualified for a European Championship, although it received an automatic place as co-host nation in 2012. THE ASSOCIATED PRESS

Bannister, Maddon named coaches of the year

Jeff Bannister was selected the AL Manager of the Year Tuesday after leading the Texas Rangers to a division title in his first season on the job.

Texas won 88 games this season — 21 wins better than last year — in taking the AL West.

Later, Joe Maddon won the National League honour. He led the Chicago Cubs to the playoffs with a regular-season record of 97-65. THE ASSOCIATED PRESS

Angels sign utilityman Pennington for two years

Veteran infielder Cliff Pennington became the first free agent to switch teams this off-season when the Los Angeles Angels signed him to a two-year, $3.75-million deal. Pennington began last season with Arizona and moved to Toronto in a trade in August. THE ASSOCIATED PRESS

Cliff Pennington GETTY IMAGES

NHL LEAFS AIMING TO SURVIVE VISIT OF AVALANCHE
Toronto Maple Leafs center Nazem Kadri, front centre, gets tripped up by Colorado Avalanche centre Nathan MacKinnon, left, during first period in Toronto on Tuesday. For the result of this game visit metronews.ca. NATHAN DENETTE/THE CANADIAN PRESS

Federer ends Djokovic run

TENNIS

World No. 1 was unbeaten in 15 at ATP, Swiss ace easily won

Even the best player in the world can have an off day, especially when he's playing someone many believe is the best of all time. Roger Federer brought his top game to the O2 Arena on Tuesday, stopping Novak Djokovic's ATP Finals winning streak at 15 by beating the top-seeded Serb 7-5, 6-2.

"I wouldn't have picked it maybe before the tournament, just because of his really good record on the indoors, the year he's had," said Federer, who lost to Djokovic in the Wimbledon and U.S. Open finals. "But then again, I felt good about my chances."

The win put Federer in the semifinals of the season-ending tournament for the 13th time in 14 appearances. Djokovic, who has already clinched the year-end No. 1 ranking, had not lost at the ATP Finals since 2011, winning the last three elite titles for the top eight players in the world.

> **"I made a lot of unforced errors. Just handed him the win.**
> Novak Djokovic

But Federer was strong Tuesday, as he usually is on an indoor hard court. The six-time champion broke Djokovic in the final game of the first set, and again early in the second. Although Djokovic broke right back, Federer regained the lead a short time later and won the final four games.

"I made a lot of unforced errors. Just handed him the win," said Djokovic. On Sunday, Federer beat Tomas Berdych, giving him a 2-0 record this week. He will still play Kei Nishikori on Thursday in the final round-robin match. Djokovic beat Nishikori in his first match, and will face Berdych on Thursday for a spot in the semifinals. THE ASSOCIATED PRESS

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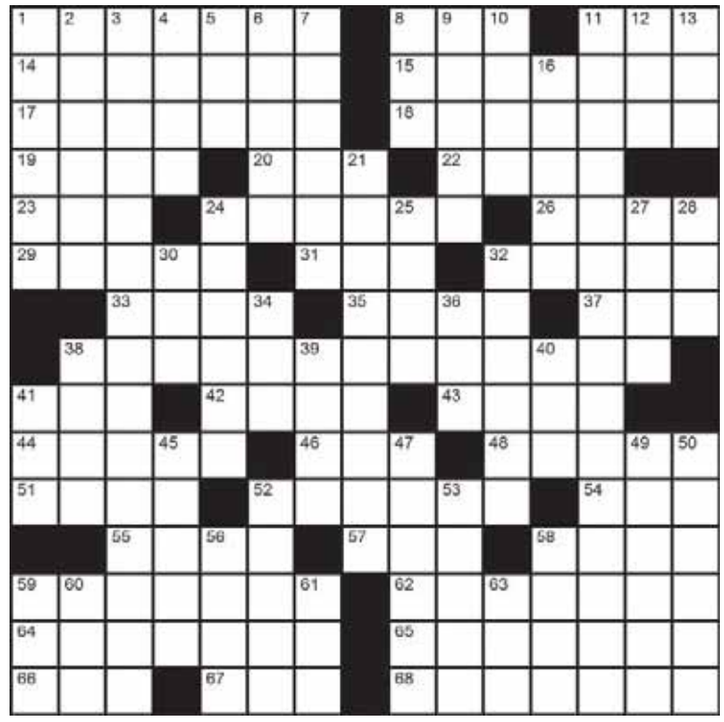
- 4 cups spelt elbow macaroni
- 1/4 cup low sodium chicken stock
- 1 1/2 cups milk
- 1 cup shaved cheddar cheese
- 1 1/2 cups shaved Monterey Jack cheese, divided
- 1 tsp Dijon mustard
- 1 cup frozen chopped kale
- 1/4 tsp nutmeg
- 1/4 tsp salt
- 1/2 cup of bread crumbs

Directions
1. Preheat oven to 350 F.
2. In a medium size saucepan, melt butter over medium low heat. Add flour and whisk.
3. Cook pasta according to package directions.
4. Add chicken stock and milk and allow to simmer for 5 minutes so mixture can slowly thicken, stirring occasionally. Lower heat and add mustard, cheddar and 1 cup Monterey Jack cheese. Mix until cheeses have melted and mustard is combined. Add kale, nutmeg and salt; stir until warmed and mixed together, about 2 minutes.
5. Place cooked pasta into medium size casserole dish and mix in cheese sauce, being sure to coat all the pasta. Sprinkle the top with the remaining Monterey Jack cheese and then top with bread crumbs. Bake for 30 minutes, or until cheese sauce is bubbling and edges are a golden brown.

FOR MORE MEAL IDEAS, VISIT SWEETPOTATOCHRONICLES.COM

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Look beyond: 2 wds.
8. "Take on Me" band
11. Beach building
14. Revolutionary leader Che Guevara's real first name
15. North Carolina's capital city
17. Diamond patterns on classic socks and sweaters
18. Slice, in Sherbrooke
19. Mr. Schifrin (Composer of the "Mission: Impossible" theme music)
20. Clairvoyance, e.g.
22. Peril
23. "Take _, _ insist."
24. Like the vision of a not-wearing-their-glasses person
26. Shield's centre knob
29. Like a twangy voice
31. Member of Parliament, e.g.
32. Found out
33. House, in Hamburg
35. Radar's grape drink on "M*A*S*H"
37. Rob Roy's refusal
38. Margaret Atwood's latest book, The _ _ _
41. Courteney of "Friends"
42. Actor, Corbin _
43. 'N' of CSNY
44. Wishes
46. Medical pros
48. Lasso
51. In an overly casual manner
52. Island of Italy
54. Job seeker's submission, for short
55. Spoken
57. Aussie animal
58. Pres. Lincoln's
59. Dried fruit, often
62. Upgrade
64. Forestall
65. "20,000 _ Under the Sea" (1954)
66. CN Tower's city, tiny-ly
67. Tube-shaped fish
68. Concert extras

DOWN
1. Keep that freshness by securely closing the food container: 2 wds.
2. Printers' mistakes
3. Canadian History... Sir Martin Frobisher or Sir John Franklin, for example: 2 wds.
4. The Smurfs creator
5. Non-verbal communication syst.
6. Forged material
7. Even chance
8. _ gallery
9. Title romantic comedy role for Billy Crystal
10. Jai's friend
11. Village on Random Island in Newfoundland: 2 wds.
12. "Eww."
13. Definite article
16. Happen as a result
21. Articulate
24. Short write-ups
25. "Full Metal Jacket" (1987) actor, _. _ Ermey
27. Army _ (Military kid)
28. Lyric poem
30. US motorists org.
32. "Million Dollar Baby" (2004) star Ms. Swank
34. MLB's Cardinals, on scoreboards
36. QVC rival on American TV
38. Winter coat part
39. Ms. Halliwell (Ex-Spice Girl)
40. "_ _ was saying..."
41. Vitality
45. High nest, variantly
47. Figure of speech
49. Plasmas and LCDs, fun-style spelling
50. Evaluate
52. Alpine sight
53. Measure of light
56. Wile E. Coyote's supplier
58. Jason's craft
59. Fitting
60. For
61. Final amt.
63. B.C.'s ocean

IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
Don't look back and wonder what might have been — look forward and create a bright new future. Any regrets you still have must be dealt with, then forgotten once and for all.

Taurus April 21 - May 21
You seem to be plagued by self-doubt. Why? Snap out of it because there is serious work to be done. You are more sensitive than usual but don't let that paralyze you.

Gemini May 22 - June 21
The more others say bad things about you the more certain you can be that your actions are having the desired effect. You must not back down. Let others know that you will not be cowed into silence.

Cancer June 22 - July 23
You may be in the mood to change things but don't make changes that are not necessary. Focus on your home situation before turning your attention to anything else.

Leo July 24 - Aug. 23
Stick to the rules today because if you try to cut corners the powers that be will come down on you hard. Not everyone shares your cavalier approach to getting things done.

Virgo Aug. 24 - Sept. 23
Do not allow yourself to be seduced by people who have a way with words — it will inevitably lead to some kind of loss, most likely financial. You don't need advice. Deep down you already know the answers.

Libra Sept. 24 - Oct. 23
Don't be distracted by things that take you away from the path you should be on. There will be time for fun and games later on, when the serious stuff has been done.

Scorpio Oct. 24 - Nov. 22
It may be in your power to take what you desire but it is not in your long-term interests. If there is something you want but cannot attain through fair means, it may be a sign that you are not supposed to have it.

Sagittarius Nov. 23 - Dec. 21
Don't get so caught up in other people's woes that you start feeling depressed. Steer clear of negative people and focus on the good — plenty of which is coming your way.

Capricorn Dec. 22 - Jan. 20
It would be wise to keep certain thoughts and opinions to yourself. If you cannot say something that everyone can agree with it might be best not to say anything at all.

Aquarius Jan. 21 - Feb. 19
Some people are stuck in their own way of seeing things and logic and common sense seem alien to them, but that's life. Make allowances for those who do not share your ability to see both sides of the story.

Pisces Feb. 20 - March 20
If you're having second thoughts about something then stop. See which way fate points you next week. The Sun's change of signs could lead to changes in your goals.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

	2	5	9	3	8			
	3		4			2		
8				1			3	
7				6			5	
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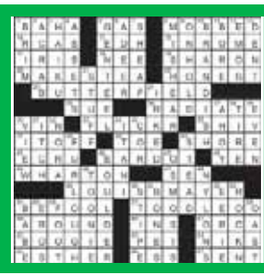

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7	9	8	6	3	1	5	4	2
2	1	7	5	9	6	3	8	4
8	5	4	7	1	3	2	6	9
6	3	9	4	8	2	1	7	5

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